

## VOLUNTEER MENTOR ROLE DESCRIPTION



HEY Mind Mentors offer one-to-one support to clients with mild to moderate mental health issues to help them achieve defined goals.

Social interaction, building self confidence, and motivating clients to access activities and services are some of the goals that our scheme is looking to achieve for individuals.

Clients are referred from a variety of places including GP's, Mind projects and local prisons. Additional training will be provided if you wish to work with ex-offenders.

### TASKS INVOLVED:

- As above, to meet with a client once a week Monday to Friday, for 2-3 hours, for up to 3 months.
- To complete a two day induction to mentoring course
- To complete weekly diary sheets in conjunction with mentor meetings
- To keep in touch with the volunteer team, requesting help and feeding back progress on a regular basis
- To attend and participate in frequent group/individual support sessions
- To participate in other activities such as training, when required

### DESIRED SKILLS/ABILITIES:

- Good communication skills with a wide range of people
- Good interpersonal skills
- Ability to motivate yourself and others
- Ability to use own initiative
- To be flexible and reliable
- To be able to complete relevant documentation
- To understand the role of mentoring
- Experience of working with vulnerable adults
- As this role requires a DBS check and extensive training we hope each mentor is able to commit for 6 months minimum.

### WHAT YOU WILL GAIN FROM VOLUNTEERING IN THIS ROLE:

- The satisfaction of knowing you have helped a client achieve their goals
- A better understanding of mental health and how this can effect individuals
- Organisational & communication skills
- The opportunity to be part of a team and meet new people

### WHAT HAPPENS NEXT?



If you do not meet the requirements at any stage your application may not be taken further. We will contact you to inform you of this and give you the opportunity for feedback.